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NUTRITION

U. S. DEPARTMENT OF AGRICULTURE

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NUTRITION DAY . . . WEEK . . . MONTH

Setting aside a Nutrition Day, Week, or Month, is one way to get a nutrition message to every person within an area. Successful programs show how attention can be focused on good food practices.

Nutrition Week in Puerto Rico. The Puerto Rico Nutrition Committee feels that its Nutrition Weeks have been effective. Dr. Esther Seijo de Zayas says "We have found it better to have a special topic for each day, such as food preservation or school lunch. The topics are discussed by speakers in as many places as possible and featured in all media to arouse public interest. In addition, appropriate activities are planned to bring out various aspects of the topic.

"To make the stimulus from Nutrition Week develop into permanent gains, longtime projects should be inaugurated that will continue and build up interest and activity all through the year."

A proclamation by the Governor gave the 1946 Week official status. "All agencies and organizations whose activities were related to nutrition were invited to take part," Dr. Zayas said.

Nutrition Month in New York City. When Mayor William O'Dwyer, prompted by the Food and Nutrition Division of the Health Council of Greater New York, proclaimed May 1950 as Nutrition Month, he said "Good health is absolutely essential for the happiness and welfare of all people and sound wholesome food is essential for public health." The slogan chosen by the Division, "Be bright; eat right," appeared on all subway cars and recurred all through the month as the theme of radio programs, exhibits, advertisements, newspaper articles, and displays in store windows and industrial cafeterias. Borough and district committees and health, welfare, educational, civic, and business organizations all stressed the same message.

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The Board of Education cooperated with the Food and Nutrition Division by urging principals of schools to support Nutrition Month. About 50 nutrition experts volunteered to aid elementary teachers in planning special class sessions on nutrition.

For pupils in the 7th, 8th, and 9th grade home economics classes, the city-wide nutrition exhibit climaxed Nutrition Month. The exhibit project arranged by the Division's Exhibit Committee was guided by teachers, approved by the Board of Education, and aided by a grant from the Williams-Waterman Fund. The exhibits were first displayed in the boroughs and the best ones from each grade were selected for the final display and judging for awards at the Museum of the City of New York. Dr. Herbert Pollock, chairman of the Division, presided at the awards ceremony.

Children in grades 1 through 6 were encouraged to take home a leaflet telling in simple story form what bright children eat every day. The leaflet has space for the child to fill in his own diet so that he can see how nearly the food he eats conforms to that recommended for children.

Pupil Participation in a Nutrition Drive. Student nutrition committees in each homeroom were responsible for carrying out the annual nutrition drive at Jefferson Junior High School in Washington, D. C., last spring. The drive was planned with the help of the Student council which offered suggestions on how to make nutrition important to students.

The homeroom committees—
..Arranged displays featuring nutrition on their homeroom bulletin boards. These boards were judged to determine which room had the best display.
..Checked menus submitted by students. The menus had to meet the requirements
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NUTRITION COUNCIL HAS IMPORTANT FUNCTION

The Texas State Nutrition Council still has an important function, members agreed after hearing the results of a survey made in the spring of 1950 "to determine if there is still a need for a Nutrition Council and to consider whether professional organizations could absorb the functions of the Council."

Frances Arnold, chairman of the Council's Publications and Publicity Committee, writes that the survey committee concluded that the Council has made a valuable contribution to nutrition education during the past 10 years and that it should continue to be an action group. The committee found that no other organization, nor any group of organizations, through existing committees, could assume the activities of the State Nutrition Council and "effect the coordination among agencies as is now being done by the Council."

As a result the Council resolved to continue its work, publish "What's Cooking" quarterly, increase its membership, and hold at least one meeting of the full membership each year.

The work of the Texas Nutrition Council is carried on by committees—
..The Food Preservation Committee compiles all up-to-the-minute information on food preservation early each spring and makes it available to every member, every commercial organization, and upon request to any home in the State. The committee makes 3-minute recordings on various phases of food preservation, broadcasts them over the Texas Farm and Home Program, and then offers them to home economists using radio.

..The Food Handler's Committee in 1950 worked with a committee of the Texas Home Economics Association to plan and publicize the 13 food handler's schools conducted by the State Health Department.

..The Nutrition in Schools Committee helps with School lunch workshops by providing printed information and home economics trained personnel.

..The Research Committee (composed of a nutritionist from each of five Texas institutions where home economics research is done) has been studying various aspects of corn meal enrichment for several years with the cooperation of the Texas Dietetic Association and

NUTRITION COMMITTEES IN ACTION

- A New Hampshire Food Workshop for Institutions included discussions on frozen foods, food storage, and use of "direct distribution" foods. It was sponsored by the State Department of Health cooperating with the Nutrition Committee and the Child Care Association.
- "Stretching Your Food Dollar" leaflets, showing how to conserve food money, are prepared by the Educational Committee of the Oregon Nutrition Council. Planned for persons and families served by cooperating agencies, these Council-sponsored leaflets are financed by the State Department of Public Health, Public Welfare Commission, Medical School Clinics, and Farm Security Administration. A blank space is provided for the stamp of the distributing agency.
- Immediate price controls on food and any necessary rationing system was urged by the Food and Nutrition Division of the Health Council of Greater New York in a letter, dated December 1950, to M. V. DiSalle, Director of the Office of Price Stabilization. The Division pointed to recent increases in food prices as reason for its recommendation.
- Restraining the sale of candy and soft drinks in public schools, in line with the recommendation of the Council on Foods and Nutrition of the AMA, has been advocated by both the Connecticut and Georgia State Nutrition Committees. The Illinois Nutrition Committee publicized the recommendation. In other States—New Jersey, New Hampshire, Tennessee, and Massachusetts, for example—supporting action has been taken by various groups. The Council's recommendation is published in the Journal of the American Medical Association, Vol. 143, p. 24, May 6, 1950.

the Extension Service (Dec. 1949 NNL). Laboratory work has been completed on retention of thiamine, riboflavin, and niacin in corn meal and grits prepared by methods similar to those used in Texas homes. Work has begun on the educational campaign for corn meal and grits enrichment.

..A Special Committee is working for the appointment of a nutritionist in the State Department of Public Health.

"The Texas Food Standard," the first major achievement of the Council, is still in use. Miss Bess Heflin is chairman of the Texas State Nutrition Council.

CIVIL DEFENSE DEVELOPMENTS

Two new publications by the Federal Civil Defense Administration are now available (See New Materials). "Health Services and Special Weapons Defense" sets forth a program for developing State and local civil defense health services, elaborating on the functional responsibilities given in "United States Civil Defense" issued last September. Problems of radiological, biological, and chemical warfare defense are also described. The popular bulletin, "Survival Under Atomic Attack" tells how to avoid or minimize the dangers of the bomb.

The problem of providing for civil defense against war-caused disaster differs in each locality according to the size, location, and congestion of the population. States and communities have to adapt programs to their local situations and work out specific directions for their own areas. Many nutrition committees are giving professional advice and service to their civil defense organizations by preparing instructions for food service and by holding themselves in readiness to help directly as needed.

The New York State Nutrition Committee under chairmanship of Frances Scudder, for example, has developed guidance material on disaster feeding at the request of the New York Civil Defense Commission. At an emergency meeting in August 1950, each agency represented on the State Nutrition Committee indicated the contribution that it could make. Phases of the work needing immediate attention were assigned to subcommittees and they are now working on—

..Feeding plans, including needs in personnel, food, equipment, and facilities

..Methods of surveying local facilities

..A roster of experienced persons who can act as advisers and leaders

..Orientation of leaders

..Manual for training volunteers for service in feeding operations

Another example of how nutritionists can contribute to civil defense planning is described by Mary I. Barber in "What's New in Home Economics" for February 1951. She tells how the Battle Creek (Mich.) Home Economics Association is working with local civil defense officials in setting up an organization which will be ready to feed large numbers of people in case of an emergency. Not being considered a critical target area, Battle Creek is preparing to receive evacuees if a disaster strikes in such places as Detroit or Sault Sainte Marie. The "Manual for the Operation of Emergency Feeding Stations" prepared by the Association contains sections on sanitation, safety, organization of work and personnel, menu patterns and recipes. It also gives an equipment check list and other information helpful in preparing emergency meals for large numbers of people. Copies of this manual may be secured for \$1.50 by writing to Mary I. Barber, 74 Sherman Road, Battle Creek, Mich.

COMMITTEE ADVISES ON USDA RESEARCH

The development of a strong and vigorous food and nutrition program in this country was recommended by a special Advisory Committee which met in December with U. S. Department of Agriculture officials. This committee, representing science, industry, and the public, was appointed by the Secretary of Agriculture under authority of the Research and Marketing Act of 1946 to advise on the Department's food and nutrition research and service work.

The committee advocated—

..Strengthening research in human nutrition in keeping with its importance to national defense and survival.

..Directing studies toward development of information useful in meeting food problems arising in times of emergency.

..Continuing studies on family food consumption, nutritional status, nutrient requirements, and food composition.

..Accelerating research on the influence of food handling and preparation upon nutrient content and on the physiological availability of nutrients.

NEW MATERIALS

Available from Information Branch, Production and Marketing Administration, USDA, Washington 25, D. C.

US Grades for Beef. 8 pp. 1951.

Canning in Glass Jars in School and Institutional Kitchens: Fruits and Other Acid Foods by B. F. Olsen. Agr. Handbook 11, 28 pp. 1951.

Available from Bureau of Human Nutrition and Home Economics, USDA, Washington 25, D. C.

Home Food Preservation by City Families, 1947. Prelim. Rpt. 15, 1948 Food Consumption Surveys, 9 pp. 1950. Processed.

Available from Office of Information, USDA, Washington 25, D. C.

Extension Work in Consumer Food Marketing Education. PA-131, 11 pp. 1950.

Pots and Pans for Your Kitchen by E. Beveridge. Home & Garden Bul. 2, 32 pp. 1950.

Tools for Food Preparation and Dishwashing by E. Beveridge. Home & Garden Bul. 3, 31 pp. 1951.

School Lunch Management in Relation to Nutritive Value, Cost, and Acceptance of Foods Served by M. B. Dreisbach and E. Handy. PA-114, 39 pp. 1951.

Food Preservation Publications, not new but of special interest in view of the garden and food preservation program:

Home Freezing of Fruits and Vegetables. IS-48, 24 pp.

Home Canning of Fruits and Vegetables. IS-64, 24 pp.

Home Canning of Meat. W-110, 16 pp.

Available from Superintendent of Documents, Government Printing Office, Washington 25, D. C.

Health Services and Special Weapons Defense. AG-11-1, 260 pp. 1950. 60 cents.

Survival Under Atomic Attack, 32 pp. 1950. 10 cents each with 25 percent discount for orders in excess of 100.

Planning Food for Institutions by R. C. Lifquist and E. B. Tate. Agr. Handbook 16, 95 pp. 1951. 45 cents.

Report of the Chief of the Bureau of Human Nutrition and Home Economics, Agricultural Research Administration, 1950. 15 pp. 1950. 5 cents.

BILOXI MEETING OF SOUTHERN BRANCH, APHA

The Southern Branch of the American Public Health Association will hold a meeting, April 26-28, at the Beuna Vista Hotel in Biloxi, Miss. Considerable attention will be given to nutrition, civil defense, and the White House Conference, with the Nutrition Section taking an important part in the program. For information write the Association at 1436 Dryades Street, New Orleans 13, La.

Nutrition Day . . . Week . . . Month—Cont.

of a Type A lunch, contain some food from each of the seven food groups, and be pleasing in color, flavor, and texture.

Approved menus that were used by the cafeteria were named for the students who planned them.

..Picked the best slogan submitted by students in the room. From the slogans chosen in all the rooms, the English Department selected as winning slogans: "No competition with good nutrition," and "Eat every day the balanced way."

The home economics teacher developed the series of nutrition lessons which were given simultaneously throughout the school by all teachers. Thus every pupil had the same lesson at the same time. Movies, posters, and a review quiz accented the various points taught.

In addition—spelling lessons emphasized nutrition words and their meanings...each child made posters with a nutrition theme in art classes...the science department taught food work...mathematics classes featured measurements of foods.